



**The Spay Neuter Clinics of Texas**

**915-307-3893**

**Warm Wet Compress Instructions**



**Apply a warm, wet compress to the affected area for 5 minutes as often as directed.**

- **Run your sink faucet until the water is very warm but not so warm that you cannot hold your arm under it for an extended period of time.**
- **Soak a hand or dish towel in the running water.**
- **Turn off the sink faucet.**
- **Ring (slightly) some of the water out of the towel so that the towel is still soaking wet but not dripping.**
- **Press the soaking wet towel on the area for 5 minutes.**
- **Clean (gently, using the towel) any debris that has accumulated.**
- **Repeat this process as often as directed.**